Bread

Homemade bread. From scratch, or a mix. The gift of flavor, taste, and one of many dishes that may be adjusted in a million ways to make a delicious treat. People living gluten free no longer have to settle for dry, stale, crumbles in place of the bread they remember. Making a light tasty bread isn't difficult. This recipe can easily be turned into banana nut or zucchini bread with the addition of 1 cup chopped bananas, or 1 cup zucchini, and 1/2 cup of chopped nuts. Or a delightful breakfast bread with the addition of brown sugar and cinnamon.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
2 cups baking mix (gluten free)
1/2 cup of butter
1 teaspoon cornstarch (not necessary if animal based milk used)
3 eggs
1/2 cup of milk (lactose free)
Almond, or
Soy
1 teaspoon salt
1 tablespoon of white sugar
1 cup warm water
1 packet of yeast

Preparation time: 25 minutes

Preparation:
1. Heat 1 cup of water to warm in microwave.
2. Pour warm water into mixing bowl and add:
   1 tablespoon of white sugar
   1 packet of yeast
3. Stir gently and let rise for 10 to 12 minutes.
4. In a separate mixing bowl add:
   2 cups gluten free baking mix
   1/2 cup of butter
   1 teaspoon cornstarch (not necessary if animal based milk used)
   3 eggs
   1/2 cup milk (soy or almond)
   1 teaspoon salt
5. Stir well.
6. After yeast reacts, add it to the larger mixing bowl mixture and mix well.
7. Pour into baking pan, cover, and place in a warm place to rise for at least one hour.
8. Once bread rises, place in oven at 350 degrees for 45 minutes to one hour.
9. Lightly place a piece of aluminum foil over the top of the pan about 10 minutes into baking to prevent burning.
10. Verify doneness with a toothpick.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)

Your temperature here: _____

Cook Time: 40 to 60 minutes, based on pan choice and elevation.

Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**

Add your microwave time here: _____.